

## MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

**The Value of Enemies.**  
One of the best assets of a newspaper, or a public man, or a man in business, is the sum total of the fellows who advertise him by exposing a grouch or a grudge through their criticisms. The boosters help—and the knockers also help without knowing it! When you hear a man trying to tear down a newspaper or immediately get that newspaper onto and into your mind, don't you? Never try to silence the knockers—they are your helpers whom you do not have to burden your payroll with. Better put the knockers on your payroll than let them quit!—Jewell Mayes in the Richmond (Mo.) Missourian.

## BIG EATERS HAVE BAD KIDNEYS AND BACKACHE

Take a Glass of Salts at Once If Your Back Is Hurting or Kidneys and Bladder Trouble You.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

**Disappointing.**  
The young postmistress, says Every-body's Magazine, was reading a postal card from the morning mail. Finally she turned it over to the address. "Hub," she said, in a disappointed tone, "this card is for me!"

Expert French butter tasters claim they can perceive the flavor of the soil over which cattle feed.

## WOMAN REFUSES OPERATION

Tells How She Was Saved by Taking Lydia E. Pinkham's Vegetable Compound.

Louisville, Ky.—"I think if more suffering women would take Lydia E. Pinkham's Vegetable Compound they would enjoy better health. I suffered from a female tumor, and the doctors decided I had a tumorous growth and would have to be operated upon, but I refused as I do not believe in operations. I had fainting spells, bloated, and could hardly stand the pain in my left side. My husband insisted that I try Lydia E. Pinkham's Vegetable Compound, and I am so thankful I did, for I am now a well woman. I sleep better, do all my housework and take long walks. I never fail to praise Lydia E. Pinkham's Vegetable Compound for my good health."—Mrs. J. M. RESCH, 1900 West Broadway, Louisville, Ky.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound has the virtue to help these women it will help any other woman who is suffering in a like manner?

If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

Write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

# At the Tomb of Jonah

**A** S A BOY—when I read of Jonah and the whale—I never dreamed that one day I was to stand at Jonah's tomb and see Arabs worship him as a saint, writes Frederick Staupich in the Los Angeles Times.

The famous old prophet who rode in the fish is buried at Mosul, in far-off Mesopotamia. Mosul itself, from which our word "muslin" came, stands on the foaming Tigris opposite old Nineveh. And here is a sketch of what life is like today in the town where Jonah reeds.

It is a dirty, crowded town, in Mosul, with 50,000 people jammed inside its medieval walls. Its narrow, warped streets are no more than crooked alleys that wander aimlessly through the town—dusty in summer and seas of mud in winter. So narrow are these passages that two loaded donkeys, if they chance to meet, cannot pass till one donkey has been backed into a doorway.

Mosul's houses are Moorish style—two stories, few windows, an open court inside and flat roofs with parapets—so that the family may sleep on the roof in summer. The main door to each house is a huge affair, studded with great bolts and barred at night like the gate to a fortress—suggesting the old days of Mongol invasions.

To accommodate its important caravan trade, Mosul has built up many caravanserais, or "resthouses." With Naomi, my Baghdad boy, I spent my first night at Mosul in one of these singular khans, as the natives call them. The khan is a sort of compound or stockade of mud walls, without a roof. Around the inside of the walls runs a row of little cells, to which travelers are assigned.

In the middle of the inclosure is a

even in heavy armor, by swimming on inflated goat skins; but I had no idea that the practice still survived. So I was astonished on arriving at the river bank to see an old man walk calmly down to the water's edge, blow up a goat skin which had hung over his shoulder, wade out into the river waist deep and then lie down on the inflated skin and begin to paddle leisurely across. While I still watched him, two women came down, carrying skins, already blown up, and followed the old man's course across the Tigris; somehow they seemed to keep the bobbing skins easily balanced under their bodies, and thus supported swam slowly, without tiring.

**Mosul Washerwomen.**  
And all up and down the river banks were hundreds of round-limbed Kurdish women washing clothes. There must have been half a thousand, all shouting, plunging and wringing a multitude of garments. With skirts tucked high above their knees and no sign of yashmak or veil, they were a noisy, easy-going set, dispelling the illusion that in the East all women are secluded or eternally draped from head to foot.

Long strings of pack donkeys, driven by noisy, swearing Kurds, muleteers, came down to the river to drink, and fustilades of jocular abuse passed between these ruffians and the washerwomen. Higher up the river bank, and all along the waterfront, ran a long row of coffee shops, dance halls and other resorts. Till late at night these places are running full blast, the din of tom-toms, native fiddles and the harsh voices of the painted women who dance and sing, making amusement for the men of Mosul. They like excitement, these Kurds and Arabs, and crude and amateurish as

their methods seem to us, they have never seen anything better and hence are pleased.

**Over Odd Bridge to Jonah's Tomb.**  
A unique bridge spans the Tigris at Mosul for which a parallel cannot be found anywhere in the world. It is built partly of masonry, partly of wood, and for some distance is of the pontoon type. First comes a 100-foot stretch of masonry pier, then a bridge of boats 400 feet long and crossing the main channel; then comes another stone pier of 150 feet, leading to an 800-foot stretch of brick arches, followed at last by another stone pier nearly 200 feet long. It seems as if the builders changed their minds several times before finishing the odd structure.

It is across this bridge that one goes to explore Nineveh, where Botta and Layard made their sensational discoveries 50 years ago. The whole drier, brown plain about Mosul is a vast forest of ancient mounds, thick with signs of long-forgotten inhabitants.

Nineveh is not even a memory with the wild, ignorant tribes who roam the desert of old Assyria. At one edge of its ruins stands the little village of "Nebi Yunus," and the reputed tomb of Jonah. The identity of Jonah seems alone preserved—and he was one of the least in his day.

At night I walked back to Mosul.

are to be devoted to augmenting the collections of animals at the Brookline zoo. Three years have been devoted to the making of these pictures, and because of his knowledge of the animals and their habits Doctor Dittmars has been enabled to get some wonderful results. Many long-accepted theories of animal life are exploded by these pictures and many new facts established.

**Reversed Name Now Famous.**  
There was a time when it was not the German but the Scottish stranger in our midst who found it desirable to Anglicize his surname. One of these strangers was Lord Bute's butler, Macall. He was thinking of settling up a tavern in London, but was warned that owing to the unpopularity of the Scotch, his own name would infallibly spell ruin to it. "Very well," he said, "I will call it Al-mack's." And so what was to become one of the most famous of social institutions received its name.—London Chronicle.

**Deep Study of Animal Life.**  
For the purpose of purchasing animals for the Brooklyn zoological garden the Institute of Arts and Sciences of that city has embarked in the moving picture business. Dr. Raymond L. Dittmars, who has for many years been connected with the Bronx garden, has made a remarkably interesting set of films depicting the daily life and conduct of various animals, reptiles and insects, and these

are to be devoted to augmenting the collections of animals at the Brookline zoo. Three years have been devoted to the making of these pictures, and because of his knowledge of the animals and their habits Doctor Dittmars has been enabled to get some wonderful results. Many long-accepted theories of animal life are exploded by these pictures and many new facts established.

**New Torpedo Shell.**  
If in actual warfare all that is claimed for it is realized an invention just submitted to the French admiralty will have an important effect on modern naval warfare. It takes the form of a projectile similar in many respects both to a torpedo and a shell. When fired from either a torpedo tube or a 12-inch gun it skims the surface of the water like a flat pebble and has a range of nearly ten miles. Containing a charge sufficient to destroy a dreadnaught, it can be fired by a particularly simple method. The military value of the invention, however, yet remains to be established.

## Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

(Copyright, 1914, by A. S. Gray)

### MOTHER'S MILK.

It is universally conceded that the most carefully bottle-fed infant has a smaller chance of escaping trouble and achieving health and life than a breast-fed baby of the most ignorant and slovenly mother.

Of course, when the child's artificial food is prepared and given by an intelligent person under competent advice, the baby may get through with a minimum of discomfort and danger from digestive disorders arising from bacterial contamination of its food from unclean cans, bottles, spoons, nipples, tubes and other utensils, devices and attachments intervening between the cow or the factory and its mouth; but granting that all sources of bacterial contamination are overcome, there still will remain the absence of an automatically adjusting physiological food supply, which no other than the human animal can furnish.

In composition milk is highly complex and variable. The important constituents are the fats, held in emulsion as minute oil droplets; casein, a nucleoprotein which clots under the influence of rennin; milk albumen or lactalbumen; a protein resembling serum albumen; lactoglobulin; lactose or milk sugar; lecithin, cholesterol, phosphoric acid, urea, citric acid, enzymes and mineral salts. The mineral contents of milk comprise appreciable quantities of sodium, calcium, magnesium, iron, phosphorus and chlorine, besides probably minute quantities of other elements not yet determined.

By reason of the fact that casein and milk sugar do not exist in the blood it is held that they are formed by the secretory metabolism of the gland cell under the action of a hormone (stimulating property). And the composition of the milk fat and the histological appearance of the gland cells during secretion leads to the view that the fat is also constructed within the gland itself. Bunge has called attention to the fact that the inorganic salts of milk differ quantitatively from those in the blood plasma and resemble closely the proportions found in the body of the young animal, thus indicating an adaptive secretion. The casein of human milk is smaller in amount, curdles in looser flocks than cow's milk and seems to dissolve more easily and completely in gastric juice. Human milk also contains relatively more lecithin and less ash, while cow's milk, on the other hand, contains less sugar and fat. Human milk, in short, is a complex compound not far removed from the composition of any appreciable degree.

Experience by poultry raisers proves artificial brooding to be lamentably inefficient; the best kerosene lamp, assisted by the most earnest human effort, making but a pitiful showing compared with the average results achieved by a sturdy old hen—and bottle-fed babies are about at par with brooder chicks.

The absence of normal building material while the foundations of life are being laid insures a handicap the organism must carry all through life; hence every mother should recognize the ethical and racial obligations she is under to keep up a supply of milk through the period of normal lactation.

This brings up the question of how a poor or deficient supply of mother's milk may be increased or bettered and how it may be maintained through the period of lactation. Generally the physician is not consulted about the matter until a short time before the baby is expected, and then the best he can do is to recommend a nourishing diet. It is highly suggestive in this connection to note that practically every such recommendation includes some form of malt extract, and that practically without exception all proprietary compounds claiming to be good for nursing mothers are founded on malt. Experience proves that nothing appears more quickly to promote the secretion of milk than good malt extracts and many brands possessing various degrees of merit and grades of nutritive value are to be found in the market.

But at best such emergency measures and the attempt to force things in this manner are not likely to give either satisfactory or lasting results because it is not entirely a question of food; there is a psychological, a purely mental side to it as well.

The experience of dairymen proves that it makes little difference what food is given a cow; the quality of the milk, so far as the fat content is concerned, will remain the same. Quality is inherent and essentially a matter of type and of breeding, but quantity can be developed. A cow will be born to give milk containing, for example, four per cent butter fat, and she will continue to give four per cent milk under all conditions, be the quantity much or little. An abundance of food and water coupled with kind treatment may increase the quantity of milk given, but it will not influence the quality; that will remain steadfastly at four per cent fat.

The cow is generally believed to be the most placid, calm and docile of animals; nevertheless she is highly sensitive to handling and under identical conditions of food and stabling one milker may be able to secure nearly double the quantity of milk from the same cow that another milker will produce, the difference in the results depending on the bond of sympathy established between the animal and the milker. Good food and equanimity on the part of the animal are essential factors to an abundant milk supply. Inasmuch as all

animal life is subject to the same laws it is reasonable to assume that as the human being is more intelligent than the cow, mental irritation and anxiety may exert proportionately even a greater influence on the human milk secretion. But however that may be, obviously the full action of these two factors will not be attained by telephone conversations or by means of a written order on a drug store; on the contrary results can be expected only from a careful, comprehensive preparation and training on the part of the mother.

The absence of this training in the individual home constitutes one of the fundamental weaknesses in our civilization and is, to no small degree, responsible for our weaklings and the serious problems of intemperance and social unrest now confronting us.

### MALT AND MILK.

It is perfectly obvious that the ultimate source of milk in all mammals must rest on the food intake. Consequently, wherever a mother suffering from a deficient milk supply seeks, from those qualified to advise, information as to how she may correct the unfortunate condition, she is invariably recommended to use a more nutritious diet. In other words, she is informed indirectly that the food she has habitually used is deficient in some important particular.

Almost without exception, the diet recommended to a mother includes some form of malt.

The word malt is believed to be derived from a Sanscrit word meaning soft, and having a reference to the fact that malt is raw grain made soft or tender by a process in which germination has been caused to proceed to a certain stage and is then controlled and checked by the gradual removal of the water and finally completely arrested by drying through the application of heat in kilns.

During this limited germination enzymes are developed and the constituents of the grain are so modified that the finished malt differs from the original raw grain in that the greater portion is split into simpler compounds that more easily dissolve. An enzyme is a complex organic substance, or an unorganized or chemical ferment, capable of effecting by catalytic action the transformation, splitting up or digestion of other compounds.

The changes effected by the partial germination and subsequent treatment of the grain are chiefly the conversion of the nitrogenous substances into diastase, the conversion of the starch into grape sugar by the action of the diastase, and the imparting of color and flavor to the malt in the kiln. Diastase is an enzyme of great physiological importance in that it is capable of converting starch and glycogen into sugar (principally maltose) and dextrins. It occurs in germinating seeds, in the leaves and in other parts of plants and also in various animal secretions, such as the saliva and the pancreatic juice.

A very common medical preparation in the form of a sirup of about the consistency of a heavy molasses is made by digesting sprouting malt in water, expressing the solution, precipitating it with alcohol and drying the precipitate. This precipitate is simply an impure diastase, but under various proprietary names and combinations it is very generally used as a tonic in case of malnutrition, and is particularly effective in those cases marked with defective starch digestion, generally known as "intestinal indigestion."

Two new words have recently been added to our vocabulary "hormones," by Starling in 1906, and "vitamines," by Funk in 1912. Investigations conducted since 1889 have fully demonstrated that some of our ductless glands play a role of vast importance in general nutrition, and this knowledge has proved very useful in widening our conception of the nutritional relations in the body. The conception that certain glandular organs may give rise to chemical products which on entering the circulation influence the activity of one or more other organs is finding application in the study of the digestive secretions.

The gastric and pancreatic "secretions" are regarded as examples of internal secretions. Chemical products of this kind which stimulate the activity of special organs are what Starling designates hormones. These internal secretions from ten or twelve kinds of ductless glands are known to exert a profound influence on our body in general. Starling advanced the theory that this was the primitive method by which the complex body was originally co-ordinated and regulated, the nervous system being of later development. However this may be, at the present time it is established beyond any question that both methods are in force in all mammals—the ductless glands are the "bosses" of our bodies.

Following a long series of investigations into the causes of beriberi and similar diseases, Funk in 1912 isolated some highly complex nitrogenous bodies from the grindings from rice, from seeds, whole grains, raw milk, fresh meat, yeast, fresh fruit juices, the yolk of egg and the like. Because these compounds were nitrogenous and proved to be absolutely essential to organic life—the absence of them is demonstrated to be the cause of death from polyneuritis—Funk named them "vitamines."

The vitamins are soluble in water and are destroyed by exposure for ten to twenty minutes to a temperature of 248 to 260 degrees Fahrenheit and by extreme dryness. So far as is known, animals are incapable of making vitamins; normally they are found in plants, and especially in their seeds, and in animals that eat fresh vegetable matter containing vitamins. Funk regards vitamins as the mother substance of ferments and the hormones, and of vital importance to the thyroid and other ductless glands; consequently, they are fundamentally the regulators of the general co-ordination of our bodies.

Obviously this all points to a reason for the effectiveness of malt on milk secretion and opens wide the question of nutrition in general.

## Canadian Wheat to Feed the World

The war's fearful devastation of European crops has caused an unusual demand for grain from the American continent. The people of the world must be fed and there is an unusual demand for Canadian wheat. Canada's invitation to every industrious American is therefore especially attractive. She wants farmers to make money and happy, prosperous homes for themselves while helping her to raise immense wheat crops.

**You can get a Homestead of 160 acres FREE** and other lands can be bought at remarkably low prices. Think of the money you can make with wheat at its present high prices, where for some time it is liable to continue. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley and Flax.

Mixed farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada, but there is an extra demand for farm labor to replace the many young men who have volunteered for the war. The Government this year is using money to get extra acreage into grain.

Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada, or J. M. MacLachlan, Ottawa, 1917.

Western S. D. N. A. Garrett, 311 Jackson St., St. Paul, Minn., Canadian Government Agent.

**For PINK EYE**  
Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. See and feel. Sold by all druggists and horse goods houses, or sent, express paid, by the manufacturer.

**SPOHN MEDICAL CO., Chemists, GOSHEN, INDIANA**

For motorists who smoke a new electric torch is equipped with a cigar lighter on one side.

New York has one skyscraper to every 100 buildings.

**SAGE TEA AND SULPHUR DARKENS YOUR GRAY HAIR**

Look Years Younger! Try Grandma's Recipe of Sage and Sulphur and Nobody Will Know.

Almost everyone knows that Sage Tea and Sulphur properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome.

Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Every body uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger. Adv.

**The Soldiers Have Toothache.**  
From accounts which have come from the front, toothache would seem to be one of the hardships of campaigning in the trenches. The secretary of the British Dental association says that a start has been made to provide an efficient staff of dental surgeons for service at the front. Six dentists, who have been given the temporary rank of lieutenant in the Royal Army Medical corps, have left for France, and further drafts of qualified men are being chosen, if they are not actually on the way, for service near the firing line. They will also have the temporary rank of lieutenant.—London Telegraph.

**Decrease in Contagious Diseases.**  
In view of the alarming increase in heart and arterial diseases, nervous troubles and insanity as well as cancer it is at least comforting to find from recent statistics that the mortality from diphtheria and cerebrospinal meningitis has been reduced nearly 60 per cent in New York alone since antitoxin was first understood. True cholera infanum, too, is rarely seen now that baby feeding has become a science while the great epidemics of typhus and smallpox which used to sweep the country, are practically unknown.

**The Fresh Thing.**  
"He had the audacity to kiss me."  
"Of course you were indignant."  
"Oh, yes, every time."

**BAD DREAMS Caused by Coffee.**

"I have been a coffee drinker, more or less, ever since I can remember, until a few months ago I became more and more nervous and irritable, and finally I could not sleep at night for I was horribly disturbed by dreams of all sorts and a species of distressing nightmare.

"Finally, after hearing the experience of numbers of friends who had quit coffee and were drinking Postum, and learning of the great benefits they had derived, I concluded coffee must be the cause of my trouble, so I got some Postum and had it made strictly according to directions.

"I was astonished at the flavor and taste. I entirely took the place of coffee, and to my very great satisfaction, I began to sleep peacefully and sweetly. My nerves improved, and I wish I could warn every man, woman and child from the unwholesome drug-drink—coffee.

"People do not really appreciate or realize what a powerful drug it is and what terrible effect it has on the human system. If they did, hardly a pound of coffee would be sold. I would never think of going back to coffee again. I would almost as soon think of putting my hand in a fire after I had once been burned. Yours for health."

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins. The cost per cup of both kinds is about the same.

"There's a Reason" for Postum. —sold by Grocers



## Rheumatism

For Young and Old

The acute agonizing pain of rheumatism is soothed at once by Sloan's Liniment. Do not rub—it penetrates to the sore spot, bringing a comfort not dreamed of until tried. Get a bottle today.

**RHEUMATISM**  
Here What Others Say:  
"I highly recommend your Liniment as the best remedy for rheumatism I ever used. Before using it I spent large sums of money trying to get relief of the misery and pain in limbs and body. As I tried your Liniment both internal and external I found quick relief, and now am well and strong again."—Geo. Curtis, 285 N. 14th St., Springfield, Ill.

**Here's Proof**  
"I wish to write and tell you about a fall I had down fourteen steps, and bruised my neck and hip very bad. I could not sleep at all. I sent my wife for a 25-cent bottle of your Liniment and in two days' time I was on my feet again. I feel like a new man."—H. J. Smith, 1215 Prairie Ave., St. Louis, Mo.

## SLOAN'S LINIMENT

for neuralgia, sciatica, sprains and bruises.

Send four cents in stamps for a TRIAL BOTTLE.  
Dr. Earl S. Sloan, Inc., Philadelphia, Pa.

## The Army of Constipation

Is Growing Smaller Every Day.

**CARTER'S LITTLE LIVER PILLS** are responsible—they not only give relief, they permanently cure Constipation. Millions use them for Biliousness, Sick Headache, Sallow Skin.

**SMALL PILL, SMALL DOSE, SMALL PRICE.**  
Genuine must bear Signature

**For Testing**

Write for a free trial bottle of **CARTER'S LITTLE LIVER PILLS**. They will cure you of all ailments of the liver and bowels. They will cure you of all ailments of the liver and bowels. They will cure you of all ailments of the liver and bowels.

## Highest Cash Prices Paid For CHICKENS, VEAL, CREAM

Write for SPECIFIC PRICE LIST.  
THE N. E. DOBS CO., 14, 3rd Street, St. Paul, Minn.

## CORN-OATS-RYE

Winning prizes on top—Salter's specialties sold by all dealers.

John A. Salter Seed Co., Box 75, La Crosse, Wis.

## PATENTS

WATSON E. COLEMAN, D.C. Advice and looks free. Reasonable. Highest references. Just service.

**FORTUNE** in Texas Cattle Ranches at high prices. Write for particulars. Oklahoma City Office.

**FOR SALE**—80 A. IN PIERCE'S CO. MO.; 89 acres, mod. 10 r. dwelling, barn, outbuildings, etc. \$4,500. L. D. Dickover, Cedar Rapids, Ia.

**MACKS LUMP JAW CURE** needs but one application. One bottle treats three to six cases. Price \$2. Mack Bros., Spencer, Iowa.

## Sioux City Directory

"Hub of the Northwest."

**RICE BROTHERS**  
Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

**SHIP YOUR LIVE STOCK TO**  
Sioux City Live Stock Commission Company  
Capital \$50,000.00  
Stock \$100,000.00  
We will mail you Live Stock Record Free of charge.  
W. N. U., SIOUX CITY, NO. 4-1916